

Aztec Grain Salad

Meal Components: Fruits, Vegetable, Vegetable - Red / Orange, Grains

Salads, Side Dishes, B-24r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Quinoa, dry	4 lb 6 oz	2 qt 3 cups	8 lb 12 oz	1 gal 1 1/2 qt	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		1 gal 1 1/2 qt		2 gal 3 qt	
*Fresh Granny Smith apples, peeled, cored, cubed ¾"	3 lb 10 oz	2 qt 2 cups	7 lb 4 oz	1 gal 1 qt	3. Combine apples, squash, and canola oil. Add half of the ginger and half of the cinnamon. Reserve remaining ginger and cinnamon for step 6. Toss well to coat.
*Fresh butternut squash, peeled, cubed ½"	4 lb	3 qt 2 cups	8 lb	1 gal 3 qt	
Canola oil		1/2 cup		1 cup	4. Combine apples, squash, and canola oil. Add half of the ginger and half of the cinnamon. Reserve remaining ginger and cinnamon for step 6. Toss well to coat.

Ground cinnamon		1 Tbsp 2 tsp		3 Tbsp 1 tsp	5. Transfer apple/squash mixture to a sheet pan (18" x 26" x 1"). 6. Roast until squash is soft and slightly brown on the edges. DO NOT OVERCOOK.
Frozen orange juice concentrate	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	7. Combine orange juice concentrate, olive oil, honey, mustard, vinegar, salt, black pepper, white pepper, cilantro, and remaining ginger and cinnamon. Whisk dressing until combined.
Extra virgin olive oil		2/3 cup		1 1/3 cups	
Honey		2 Tbsp 2 tsp		1/3 cup	
Dijon mustard		1 Tbsp		2 Tbsp	
Red wine vinegar		1 cup		2 cups	
Salt		1 tsp		2 tsp	
Ground black pepper		2/3 tsp		1 1/3 tsp	
Ground white pepper		1/2 tsp		1 tsp	
Fresh cilantro, finely chopped		2 Tbsp Option: Add		¼ cup Option: Add	

Dried cranberries, finely chopped	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	8. In steam table pan (12" x 20" x 4") combine quinoa, apple/ squash mixture, cranberries, raisins, and dressing. Mix well. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Option: garnish with additional chopped cilantro.
Golden raisins, seedless, finely chopped	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	9. Critical Control Point: Cool to 41 °F or lower within 4 hours. Refrigerate until ready to serve 10. Portion with 8 fl oz spoodle (1 cup).

Notes

Our Story

Novi Meadows, an upper elementary Blue Ribbon Exemplary School, drew on the talents and hard work of students, staff, parents, and the community to create their unique recipe. The school's School Nutrition Action Committee (SNAC) brainstormed recipe ideas that would not only fulfill the nutritional requirements of the contest, but would also be appealing to the students. The SNAC wanted to come up with something that was different and chose quinoa as the whole grain to feature in the recipe. Quinoa was then paired with traditional American fall produce to create a unique flavor experience. Aztec Grain Salad was named by the students, and it is a fantastic side dish to offer children.

Novi Meadows 6th Grade Upper Elementary School

Novi, Michigan

School Team Members

School Nutrition Professional: JoAnn Clements

Chef: Ina Cheatem (Natural Food Chef, Fresh Delights)
Community Member:Michelle Thompson
Students:Cory G., Bryan T., and Jackie D.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Granny Smith apples	4 lb 12 oz	9 lb 8 oz
Butternut squash	5 lb	10 lb

Serving	Yield	Volume
1 cup provides (8 fl oz spoodle) 1/8 cup red/orange vegetable, 3/8 cup fruit, and 1 oz equivalent grains.	50 Servings: about 19 lb	50 Servings: about 2 gallons 2 quarts 2 steam table pans
	100 Servings: about 39 lb 8 oz	100 Servings: about 5 gallons 4 steam table pans

Nutrients Per Serving					
Calories	297.8	Saturated Fat	0.91 g	Iron	2.36 mg
Protein	6.41 g	Cholesterol		Calcium	44.35 mg
Carbohydrate	53.56 g	Vitamin A	3391.52 IU	Sodium	58.43 mg
Total Fat	7.83 g	Vitamin C	15.22 mg	Dietary Fiber	5.56 g